# Stewart/Hunter Lifestyle



Photos by Spc. Dan Balda

Members of the 3rd Infantry Division Color Guard marched in a Hinesville parade Monday in honor of Dr. Martin Luther King Jr. Col. Thomas James, 4th Brigade Combat Team commander, said he sees the Army as one way in which King's vision has become reality.

# LIVING THE DREAM

# 3rd Inf. Div., Hinesville celebrate civil rights leader

Spc. Dan Balda 4th BCT PAO

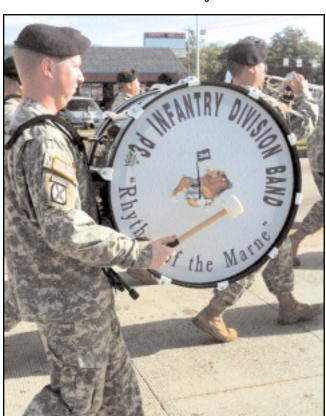
The city of Hinesville celebrated Martin Luther King Jr. Day with a parade through the downtown area and a ceremony held at Bradwell Institute Monday.

Above: The Mt. Zion Missionary Baptist Church's float lauded Dr. King's many accomplishments, including winning the Nobel Peace Prize. Right: A member of the 3rd Inf. Div. Band, "Rhythm of the Marne," keeps the beat while marching in Hinesville's parade honoring Dr. Martin Luther King Jr. Monday.

Many different groups took part in the parade, King," she said. "I wanted them to see first-hand including 3rd Infantry Division Soldiers and band, as well as various area churches.

Marie Alexis runs a home daycare service and decided to bring all eight of her charges to enjoy the festivities.

"I didn't want the children to just hear about Dr.



what his life means to us today."

Col. Thomas James, 4th Brigade Combat Team Commander, said the Army is one manifestation of King's dream becoming a reality.

"His life made an everlasting imprint on our country and we see the benefits of his work in the military every day," James said. "Soldiers of many ethnic backgrounds unite together to fight threats to freedom at home and abroad. Treating every Soldier with dignity and respect is ingrained in all that we do."

Timothy Dixon attended the parade to pay his respects to King's ideals. "This is a time when people can come together united to celebrate with no restrictions on race, color or religion."

"It shows what a man with a dream and a vision can accomplish," Dixon remarked.



Marie Alexis' daycare children wave at the floats during Hinesville's Martin Luther King Jr. Day celebration Monday.

# Cheerleaders, children send support to **Stewart Soldiers**

Melissa Martinez (top left), a Miami Dolphins cheerleader who attended Marne Week Nov. 20-22, is an elementary school teacher at Wilton Manors Elementary School, Fort Lauderdale, Fla. She was so inspired by the Soldiers of the 3rd Infantry Division she had her first grade class write "Dear Soldiers" letters. Those letters will be featured in upcoming editions of the Frontline.



### Pets of the Week



Philip the kitten and Spud the puppy are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



## **MWR** Briefs

#### Learn Ju-Jitsu

Learn a Japanese combat art used by police and military forces, each Tuesday and Thursday, 6–7:30 p.m., at Caro Physical Fitness Center.

The fee is \$45 a month. For more information, call 767-7090.

#### Feel the burn

Basic Endurance Aerobic Training, a new, high-intensity aerobics class based on the Army physical fitness program, is being offered from 7:30 to 8:30 a.m. weekdays at Jordan Fitness Center.

#### Matting and framing class

A monthly matting and framing class is held the first Saturday of every month, 8:30 a.m. to 4 p.m. The class is required to use the matting and frame shop at the Leisure Activities Center. Call 767-8609 to register. Shop hours are Tuesday to Thursday, 10:30 a.m. to 6 p.m.

#### **Open recreation at Youth Center**

Saturdays are open recreation at the Stewart Youth Center. First through fifth grades: noon to 2 p.m.; sixth to 12th grades: 2–8 p.m. The Child and Youth Services membership fee of \$15 is required. Call 767-4491.



### AAFES PRESENTS

Jan. 18 to 25



#### Casino Royale

Jan. 18 — 7 p.m.

(Daniel Craig, Judi Dench)

James Bond's first 007 mission takes him to Madagascar, where he is to spy on a terrorist, named Mollaka. Not everything goes as planned and Bond decides to investigate, independently of the MI6 agency, in order to track down the rest of the terrorist cell. Following a lead to the Bahamas, he encounters Dimitrios and his girlfriend, Solange. He learns that Dimitrios is involved with Le Chiffre, banker to the world's terrorist organizations.

PG-13 (intense sequences of violent action, a scene of torture, sexual content and nudity), 144 min.

#### **Eragon**

Jan. 19-20 — 6 p.m.

(Edward Speleers, Jeremy Irons)

A boy named Eragon finds a polished blue stone in the forest. At first, he thinks it's something that will bring meat to his poor family for the winter, but it brings a dragon hatchling, and Eragon is soon thrust into a world of magic and power through which he and the dragon must navigate.

PG (fantasy violence, battle sequences, frightening images), 97 min.

#### **Blood Diamond**

rough stone.

Jan. 19-20, 24 — 8:45 p.m.

(Leonardo DiCaprio, Djimon Hounsou)
Set against the backdrop of civil war and chaos in 1990s Sierra Leone, Danny Archer, a South African mercenary, and Solomon Vandy, a Mende fisherman are joined in a common quest to recover a rare pink diamond that can transform their lives. While in prison for smuggling, Archer learns that Solomon — who was taken from his family and forced to work in the diamond fields — has found and hidden the extraordinary

R (violence, language), 138 min.



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.

### BIRTH ANNOUNCEMENTS

**Provided by Winn Army Community Hospital** 

#### **Dec. 8**

• Angelina Julliette Rodriguez, a girl, 5 pounds, 14 ounces, born to Sgt. Arnaldo and Brunilda Rodriguez.

#### Dec. 15

• Riley Aurturo Hogarth, a boy, 7 pounds, 13 ounces, born to Spc. Felina Hogarth.

#### Dec. 18

• Rebecca Elizabeth Brown, a girl, 9 pounds. 4 ounces, born to Sgt. Thomas and Amy Brown.

• Kenna Mallore Ross, a girl, 7 pounds, born Dec. 25 to Spc. Andrew and Lindsay Ross.

#### Dec. 20

- Payton George Case, a boy, 7 pounds, 14 ounces, born to Pfc. George and Naomi Case.
- Connor Patrick Quintard, a boy, 9 pounds, 1 ounce, born to Staff Sgt. Ryan and Vanessa Quintard.

- Takai Marien Byrd, a boy, 7 pounds, born to Sgt. Rose and Sgt. Kameko Byrd.
- Sacajawea Katrina Thweatt, a girl, 7 pounds, 5 ounces, born to Spc. Diane Thweatt.
- Danielle Jenai Travis, a girl, 7 pounds, 14 ounces, born to Staff Sgt. John and Jerriann Travis.
- Hunter Lee Wallace, a boy, 8 pounds, 8 ounces, born to Pvt. Darrel and Kathleen Wallace.

- Lydia Leann Graham, a girl, 7 pounds, 1 ounce, born to Staff Sgt. Matthew and Maricarmen Graham.
- Gavin Tanner McMarlin, a boy, 7 pounds, 2 ounces, born to Spc. Clinton and Amy McMarlin.
- Makayla Jae'Lynn Murphy, a girl, 5 pounds, 15 ounces, born to Spc. Michael and Jazmin Segarra-Murphy.

#### Dec. 23

• Nathaniel Jacob Blow, a boy, 8 pounds, born to Cpt. Craig and Kimchi Blow.

- Adrianna Elise Fredette, a girl, 8 pounds, 3 ounces, born to Pfc. Miles and Heather Fredette.
- Jasmine Aliyah Johnson, a girl, 8 pounds, 3 ounces, born to Spc. Christopher and Deminika Johnson.
- Camden Latrial Hunt, a boy, 7 pounds, 3 ounces, born to Sgt. Kelvin and Shonda Hunt.

#### Dec. 24

• Malachi Messiah Harris, a boy, 8 pounds, 4 ounces, born to Sgt. Duriel and LaToya Harris.

• Kearstin Danielle Brocklehurst, a girl, 7 pounds, 10 ounces, born to Sgt. Daniel and Anna Brocklehurst.

#### Dec. 26

• Bryce Hayden Mullins, a boy, 6 pounds, 10 ounces, born to Spc. Derek and Jessica Mullins.

#### Dec. 27

- Ryan David Gibler; a boy, 6 pounds, 10 ounces, born to Spc. David Gibler and Sgt. Jennifer Gibler.
- Lillian Marie Healy, a girl, 8 pounds, 2 ounces, born to Cpl. Ryan and Dawn Healy.
- Emilee Ilene Osburn, a girl, 9 pounds, born to Spc. Terrance and Sherida Osburn.

#### Dec. 28

- Leigh Ann Nicole Farmer; a girl, 6 pounds, 3 ounces, born to Spc. Justin and Tanya Farmer.
- Katelynn Angel Vogel, a girl, 7 pounds, 12 ounces, born to Staff Sgt. Tracy and Hillary Vogel.
- Alejandro Ortega, a boy, 6 pounds, 7 ounces, born to Spc. Nick and Maria Ortega.

- Julian Cruz Zavala, a boy, 6 pounds, 8 ounces, born to Spc. Hugo and Samantha
- Bryson Lee Stewart, a boy, 7 pounds, 13 ounces, born to 2nd Lt. Bryan and Amanda Stewart.
- Kaleb Nathaniel Hernandez, a boy, 7 pounds, 15 ounces, born to Spc. Sarah

### Winn Briefs

#### **Outpatient Pharmacy renovations**

The Winn Army Community Hospital Outpatient Pharmacy has been relocated for renovations and installation of new dispensing equipment.

During this time, new prescription requests will be processed at the old hospital refill pick-up location. Please watch for the signs.

For more information, call 435-6745.

#### Winn/Tuttle observe holiday

Feb. 16 is a MEDDAC training day and Feb. 19 is President's Day, a federal holiday. On Feb. 16 and 19, services at Winn Army Community Hospital will be limited to inpatient care and emergencies.

All services at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Feb. 16 and 19. Full operations will resume Feb. 20.

#### Mental health services focus group

Active-duty military and spouses now have the opportunity to participate in a mental health services focus group.

Discussion groups will be conducted by BearingPoint, an independent consulting firm, and will last an hour.

The groups will meet on Fort Stewart Wednesday and Jan. 25 from noon to 1 p.m. and at Hunter Army Airfield Wednesday, 5-6 p.m.

For more information, to include location, please e-mail sara.bentley@bearingpoint.com or call Sara Bentley at (703) 747-3599 or (412) 848-6323.

### VOLUNTEER SPOTLIGHT

### LINDA DELOACH



inda DeLoach of Chicago is a **■** Red Cross volunteer working in the Women's Wellness Clinic at Winn Army Community Hospital.

DeLoach volunteers because it gives her the opportunity to help people in any way she can. Her interests and hobbies include aerobics, bowling and hand crafts.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 435-6903.

## BIRTH ANNOUNCEMENTS

... continued

#### Hernandez.

• David James Birch, a boy, 8 pounds, 1 ounce, born to Lt. Col. Steve and Lt. Col. Ellen Birch.

#### **Dec. 30**

• Liam Nathanael Giesen, a boy, 6 pounds, 10 ounces, born to Sgt. Nathanael and Valerie Giesen.

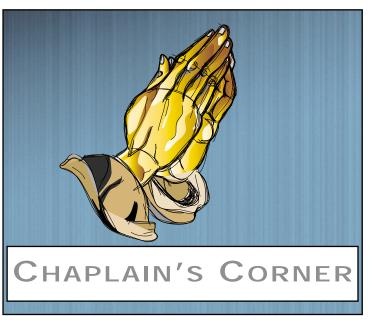
• LeDarrion Ray Muldrow, a boy, 7 pounds, 8 ounces, born to Pfc. Cassandra and Pfc.

#### Brandon Muldrow.

• Lara Louise Rademacher; a girl, 8 pounds, 3 ounces, born to Staff Sgt. Dustin and Maegan Rademacher.

- Kaitlynn Marie Cobb, a girl, 6 pounds, 1 ounce, born to Sgt. Benjamin and Shana Cobb.
- Noah Carl Elliott, a boy, 9 pounds, 3 ounces, born to Pvt. Nathan and Harley Elliott.

## Meditation removes distractions, strengthens souls



Chap. (Capt.) Lee Harms 4/64 Armor Bn.

Throughout history, men and women have drawn strength from stepping away from the crowd to quietly commune with their Maker.

Isaac of old "went out to meditate in the field at the eventide," as did David and Jesus and so many others in the scriptures (see *Genesis 24:63, Psalm 143:5* and *Matthew 14:23*).

In more recent history, the story is told of Gen. Charles Gordon, who, during a wartime campaign in Africa, began each day in private meditation.

Every morning while he pondered and prayed, a white handkerchief lay outside his tent door, signaling to his troops that he was not to be disturbed.

No matter the emergency, Gen. Gordon knew he could better meet the challenges of the day if he took time to meditate.

Some may think meditation is a waste of time. Perhaps

they're too busy or too tired or too set in their ways.

It may not be easy to justify a time for sitting still and thinking deeply, but as suggested in Proverbs, there is wisdom in pondering "the path of thy feet."

Rather than aimlessly hurrying through life, stop to consider where you've been and where you want to be.

Stop to ask yourself questions that don't have ready answers.

Pause to consider why you feel the way you do.

Something about closing ourselves off from worldly distractions and really pondering gives us some perspective and helps us feel better about life.

When we look heavenward for guidance, our problems become less troublesome, our worries less taxing, and our heartaches less overwhelming.

The more sincerely we meditate, the more inner strength we receive.

Our convictions deepen, our lives become more purposeful, and our love is more abiding when we take time to meditate.

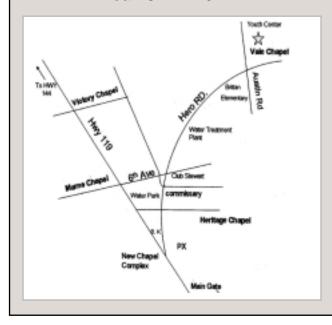
### Chapel Schedule

Onaper ochedule		
V-2818	Fort Stewart	All I
Catholic	Location	
Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.
Protestant	Salar Park	
	Marne	
	Victory	
Traditional Worship	Marne	
	Vale	
	Heritage	
	Across from Dia. Elem	
Islamic Friday Jum'ah Contact Staff Sgt. Aiken at	Marne	1:30 p.m.
Jewish Contact Sgt. 1st Class. Cro	wther at 332-2084.	
H	unter Army Airfield	1-14-30
Catholic		
Sunday Mass	Chapel	11 a.m.
<u>Protestant</u>		
Sunday Service	Chapel	9 a.m.
	ious Education Contacts ter, Director of RE, Mike Iliff, call	767-7028.

Stewart Catholic RE coordinator, Eileen Robbins, call 767-6825. Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

## Fort Stewart Chapel Youth Ministry Junior and Senior High Students!

Join us for free games and pizza 6:30 - 8 p.m. Sunday, at Vale Chapel in Bryan Village. For more information, call 877-7207.



## Kids Church

### **Exciting Bible Lessons**

with music, puppets, videos, crafts, games

### 11 a.m. to Noon, Sunday

at School Age Services (across from Diamond Elementary)

### For all kids Grade K-6

#### Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

 $10{:}30\ a.m.$  - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?

Contact Chaplain Ric Thompson at 767-6831

## Internet radio show keeps Army wives tuned in to each other

Gerry J. Gilmore

American Forces Press Service

Two Army wives in Hinesville have joined forces to run an Internet radio show that provides important information to other military wives.

Star Henderson and Tara Crooks have more than 20 years' experience between them, and the two have teamed up to help other military wives through their Internet radio

#### ArmyWifeTalkRadio.com.

"We want to pass that experience along to other Army wives," said Henderson, 32, whose husband, David, is a captain in the Georgia Army National Guard. The Hendersons have a 10-yearold son and 2-year-old daughter.

ArmyWifeTalkRadio.com covers a variety of topics, such as how to solve family challenges when a spouse is deployed and navigate the military's healthcare system. The program has developed a core following of fans, said Crooks, 31, a veteran with 10 years of military experience. Crooks' husband, Kevin, is an Army captain assigned to the 3rd Infantry Division at Fort Stewart. The Crooks have a 5-year-old daugh-

"It became like a community

thing, where I've got loyal listeners that are probably following my life, wondering what the heck is going to happen in the Crooks' household today," Crooks said. "And, then I've got people calling in and sharing their stories. It makes me feel that I'm not alone."

There are so many services available to help military families, Crooks said there's no cohesive program to promote them to family members. That's where the radio show can really help, she

Henderson launched the show a year-and-a-half ago, and Crooks got involved about seven months ago when she began writing for the show's newsletter. Now they share responsibilities equally in the program.

A recorded show is made available on the site each Monday, but Henderson said they hope to be able to broadcast live in the near

In addition to sharing their personal experiences, the pair also interviews experts to provide advice on and get information about different subjects.

About seven months ago, they interviewed Allison Barber, deputy assistant secretary of defense for internal communications and public liaison, for the

show. Their radio show is preparing to become a sponsor of the Defense Department's America Supports You program.

"I think it's an amazing program," Crooks said of the ASY program. "Just to see all those organizations coming together to support military members and their families is wonderful."

ASY highlights support from individuals, non-profit organizations and corporations for U.S. military men and women. ASY, Operation Homefront and Wal-Mart joined forces to sponsor Operation Christmas here and at five other locations across the country to bring cheer to military families.

Crooks and Henderson attended the recent Operation Christmas event for military families here.

During the event, they discussed their shows and shared some of their views on military family life.

Juggling husbands and children and military life can be challenging, the women said, but military wives are a strong lot who instinctively bond together to help one another, discuss pressing issues and propose solutions.

Crooks' husband said the radio show is "absolutely great," and his

Tara Crooks and Star Henderson, two Hinesville Army wives, run an Internet radio show, ArmyWifeTalkRadio.com, for other military wives.

wife is eminently qualified to help other military wives.

"She is definitely the 'rock,'" Crooks said. "She holds together puts in."

the family when I am gone (on deployment); she pays the bills. It's really unbelievable what she

## Black History Month essay and public speaking contest 2007 begins

**Georgia Historical Society** 

Press Release

The Georgia Historical Society is pleased to announce that its 2007 Black History Month Essay and Public Speaking Contest is being incorporated into the Annual GHS's Georgia Days celebration.

Students in grades nine through 12 in local public or private schools are encouraged to submit an essay on the topic, "African-Americans and the U.S. Constitution: A Mixed History."

The deadline is 5 p.m. Friday, at the Georgia Historical Society.

First Prize is a cash award of \$1,000; second prize is a cash award of \$250; and third prize is a cash award of \$100.

Essays will be judged by a panel of qualified judges from the Georgia Historical Society, Savannah State and Armstrong Atlantic State Universities, the Savannah College of Art and Design, and the County Savannah-Chatham Schools.

The top five essay writers will be invited to present their essays at a public reception at the Georgia Historical Society Feb. 11, where the three winners will be selected by a second panel of judges.

Students are encouraged to use the scholarly resources at their disposal in Savannah as they research their essays.

The Georgia Historical Society has an

extensive collection of materials related to African-American history, including manuscripts and books, visual materials and other artifacts, and news clippings files.

Reference librarians are prepared to assist students with their research.

Other materials can be found at Savannah's public libraries and in the libraries of Savannah State and Armstrong Atlantic State Universities.

Students are also encouraged to visit Savannah's sites of African-American interest, including the Ralph Mark Gilbert Civil Rights Museum and the Beach Institute, among others.

Complete details and registration materials are available by following the educa-

tion link at the Georgia Historical Society website (www.georgiahistory.com).

Interested students and teachers may also call GHS at (912) 651-2125, ext. 17 for more information or to request additional entry forms.





### Ft. Stewart/Hunter Morale, Welfare and Recreation

### Youth Track & Field Registration 22 January

Open to youth (ages 7-14). Age groups are 7-8, 9-10, 11-12 and 13-14.

Practices start in February and track meets during March 07.

Cost for participation. Register at CYS registration office, until 5 March 07 or until teams are full. 767-2312

### CG Scramble @ Taylors Creek Course 23 January

9 am shotgun, Taylors Creek Golf Course. \$25 members/ \$30 non-members, first 25 teams only. 767-2370

#### Youth Center Teen Lock-In

27 - 28 January

12pm - Sam, FS Youth Center. All Day-Night activities, Dance, Tour Mall, Basketball, Tournaments, Self-Esteem Program, Food and Fun. Meet youth from other Youth Centers & Installations.

Must have parent permission. Pick up your registration packet at the Youth Center. Cost \$25 members, \$30 guest. 767-4493 / 767-4491

### Women's Basketball League 22 January – Sign Up Deadline 29 January – Games Begin

Women's Basketball Leauge Games begin at 6:30pm, Jordan Fitness Center, Bldg 608. Women's Basketball League begins tournament games. Open to female family members (ages 17 & up) and active duty female Soldiers. Deadline for sign-up 22 Jan at FS Sports Office. Players/Coaches meeting 25 January 07 at 7pm, Newman Fitness Center. 767-8238

#### Daddy Basics @ HAAF ACS 31 January

1pm - 4:30pm, ACS Sofa Room. Baby Basic Training for new and expectant Dads. 315-6816

> Super Bowl Party @ Rocky's 4 February